

Meditation

**Buddhist style meditation with Sandra Leeder.
Wednesday evenings starting February.**

*Meditation - a way to reduce the stress of daily life & promote
your inner peace and presence in Meta Loving Energy.*

*Create positive and peaceful thoughts to bring peace to your
world.*

Place: Minnowarra House, 24 Numulgi St, Armadale

Time: Wednesday 7.00-8.30pm

Cost: \$10/wk (\$5 conc)



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